



Texas Health Steps Checkup Components

The Texas Health Steps Medical Checkup Periodicity Schedule lists the required checkup components for infants, children and adolescents through 20 years. Texas Health Steps providers should be encouraged to consult and download the current Periodicity Schedule from the Texas Health Steps Provider Information website.

<http://dshs.texas.gov/thsteps/providers.shtm>

This document provides helpful details to share with current and potential Texas Health Steps providers.

Texas Health Steps medical checkups include the following federally required components:

- Comprehensive Health and Developmental History
- Comprehensive Unclothed Physical Examination
- Immunizations
- Laboratory Screening
- Health Education/Anticipatory Guidance

In addition, the State of Texas requires:

- Oral Health Services - Dental referral beginning at 6 months and continuing every 6 months until a dental home is established

Details of Checkup Components

There are six required checkup components that must be completed at every age. Specific requirements may vary by age, as shown below

Comprehensive Health and Developmental History

An initial health history must be completed for all new patients. An interim health history must be reviewed at each subsequent periodic examination and must be appropriate for the specific age of the patient. The Periodicity Schedule indicates the appropriate screening based on the age of the client.

Nutritional Screening

- All ages
 - Measurements/BMI
 - Anemia screening
- Infants
 - Number of times breastfeed, or
 - Ounces of formula
 - Solids
- Children and Adolescents
 - Types and amounts of foods ask for examples of meals/snacks
 - Type of milk 2%, whole, etc.
 - Juice/Soft drinks: amount or number per day
 - Supplements: vitamins, fluoride, iron, other
 - Appetite/Eating habits/picky eater
 - Pica
 - Eating disorders



- How food is prepared
- Special Diets and reason for diet
- Food Allergies
- Restaurant/Fast Food
- Disordered eating/eating disorders

Developmental Surveillance and Screening

- **Review of Milestones - Surveillance**
 - *Subjective* review of milestones by parent report and observation. Surveillance: Flexible, continuous process using skilled observation whereby the provider reviews and records milestones and addresses parental concerns.
- **Screening**
 - *Objective* screening using a standardized screening tool.
 - Developmental screening is required at 9 months, 18 months, 24 months, 3 years and 4 years of age using the ASQ, ASQ-SE or PEDS.
 - Standardized autism screening: Autism screening is required at 18 months of age AND AGAIN at 24 months of age using the M-CHAT™ or M-CHAT-R/F™. The M-CHAT™ or M-CHAT-R/F™ should be performed at 30 months if not completed at 24 months.

Mental Health Screening

- Screening for behavioral, social, and emotional development is required at each checkup.
- Postpartum Depression Screening (Optional)
 - Recommended (optional) screening during infant's checkup.
 - Allows maternal screening at infant's THSteps checkup- up to the infant's first birthday
 - Requires use of validated screening tool
 - Positive screens require referral
 - Separate reimbursement in addition to checkup reimbursement
 - Validated screening tools include but are not limited to:
 - Edinburgh Postpartum Depression Screen (EPDS)
 - Patient Health Questionnaire (PHQ -9)
 - Postpartum Depression Screening Scale (PPDS)
 - All positive screens require
 - Discussion of screening results
 - Referral for further evaluation
 - Referral to emergency center for imminent risk of harm to self or other
- Adolescent Mental Health Screening (Optional)
 - Allowable screening once per year for all adolescents 12 through 18 years
 - Requires use of one of the following Texas Health Steps-approved, validated and standardized mental health screening tools.
 - Pediatric Symptom Checklist (PSC-17)
 - Pediatric Symptom Checklist (PSC-35)
 - Pediatric Symptom Checklist for Youth (Y-PSC)



- Patient Health Questionnaire (PHQ-9)
- Patient Health Questionnaire (PHQ-A [depression screen])
- Car, Relax, Alone, Friends, Forget, Trouble (CRAFFT)
- Patient Health Questionnaire for Adolescents (PHQ-A [AAP's anxiety, eating problems, mood problems...screen])

Tuberculosis (TB) Screening

- Administer the THSteps TB Questionnaire annually beginning at 12 months of age.
- Children in foster care must receive a Tuberculin Skin Test (TST)

Comprehensive Unclothed Physical Examination

- Measurements
 - Height – ages 3 through 20 years
 - Length – birth through 35 months
 - Weight – birth through 20 years
 - BMI – ages 2 through 20 years
 - Fronto-occipital circumference, measurement every visit birth through 24 months.
 - Blood pressure recorded **annually** beginning at 3 years of age.
- Sensory Screening
 - Vision Services
 - Visual acuity screening according to the *Texas Health Steps Medical Checkup Periodicity Schedule*.
 - Subjective screening at all other checkups.
 - Hearing Services
 - Audiometric screening according to the *Texas Health Steps Medical Checkup Periodicity Schedule*.
 - Subjective screening at all other checkups.

Immunizations

- Assess immunization status.
- Administer according to the Advisory Committee on Immunization Practices (ACIP) recommendations unless:
 - Medically contraindicated, or
 - Parent's reason of conscience (including religious beliefs).
- Providers **must not** refer children to the local health department or other entity for immunizations.

Laboratory Screening

- Newborn blood screening
 - 1st screen collected at 24-48 hours of age
 - 2nd screen collected at 7-14 days of age
 - Up to 12 months if no record of testing or special circumstances, such as adoption
- Lead screening - Required
 - 12 and 24 months of age



- o Must be completed by point-of-care testing or specimen sent to the DSHS Laboratory for testing.
- Anemia screening - Required
 - o 12 months of age
 - o Specimen must be submitted to DSHS Laboratory for testing.
 - o Urgent need for results – can be tested in office using point-of-care testing but will not be reimbursed.
- Dyslipidemia screening – Required and Risk Based
 - o Required screening once between ages 9 through 12 years and once again for ages 18 through 20 years
 - o Risk based at ages 24 months through 20 years
- Type 2 Diabetes screening – Risk Based
 - o Risk based screening 10 years through 20 years of age
- HIV screening – Required and Risk Based
 - o Required screening once between ages 16 through 18 years
 - o Risk based screening for ages 11 through 20 years

Health Education/Anticipatory Guidance

- Required at each checkup.
- Includes benefits of healthy lifestyles and practices, accident and disease prevention.
- Must include time period for next checkup.
- Written material may be given, but does not replace counseling.

Oral Health Services

Dental referral beginning at 6 months of age and until a dental home is established (state requirement)

- Oral Evaluation and Fluoride Varnish (Optional)
 - Optional service during Texas Health Steps medical checkup for ages 6 through 35 months
 - o Includes limited oral evaluation
 - o Fluoride varnish application
 - o Referral to dental home
 - o Requires providers to complete training and become certified.

Texas Health Steps checkups are not available as telemedicine or telehealth services.